

# Lebanon VAMC

N E W S L E T T E R

Volume 19 - 1



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**Lebanon VAMC**  
is proud to provide  
quality care to  
Veterans at 7 locations  
in South Central PA.

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**VA**

U.S. Department of  
Veterans Affairs

Veterans Health  
Administration  
Lebanon VA  
Medical Center



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**lebanon.va.gov**

## MEDICAL UPDATE

# Whole Health Program empowers Veterans to take charge of their health

MARY E. YODER, MPA, RD, LDN  
*Whole Health Program Coordinator*

LAURI M. COFFEY, MS, RD, LDN  
*Chief, Nutrition and Food Services*

What would having good health give you? Is it your wish to attend your unit or ship's reunion in 2020 and wear your uniform? Is one of your goals to get in shape and march in a parade with your fellow Veterans? Or maybe your goal is to go bike riding with your grandchild? Lebanon VAMC can help YOU reach ALL these goals through our Whole Health Program!

VA facilities nationwide are shifting from a health care system focused primarily on treating disease to one rooted in forming continuous healing relationships and partnerships that support Veterans in achieving their greatest overall well-being.

The result is the whole health approach which is a bold redesign of health care focused on empowering and equipping Veterans to take charge of their health and well-being. Guided by a personalized health plan, VA's Whole Health System considers the physical, mental, emotional, spiritual, and environmental elements that work together to provide the best quality of life for each Veteran.

Lebanon VAMC is uniquely positioned to help you stay healthy through our Whole Health Program and invested in making whole health a reality in every Veteran's life. As part of our whole health journey, programs and services throughout the medical center are embracing whole health concepts and developing or tweaking programs and services to embrace the whole health model

Lebanon VAMC is proud that over 28% of our staff is made up of Veterans. At the medical center, we have recruited and trained seven (7) Veteran volunteers and staff who serve as peer facilitators for the new Whole Health Introductory and Take Charge of My Life and Health Sessions. These sessions provide personalized, proactive and Veteran driven conversations and



The components of proactive health and well-being diagram above illustrates the connections between your health and the different areas of your life. This demonstrates how improving one part of your life can benefit other aspects of your health.

From the desk of the director...

Dear Veterans, Advocates, and Fellow Employees,



Although we are a part of the largest integrated health network in the United States, there is something special and unique about Lebanon VAMC and our community clinics. The professional and personal dedication our staff show, to Veterans and their loved ones who walk through our doors, is tangible proof of a commitment that goes far beyond official mission statements or visions. I hope our work force takes pride in the fact that they make a real and substantial difference in the lives of noble women and men who have surrendered much for the benefit of us all and I trust the Veterans they serve recognize that.

For this reason, we owe Veterans our very best – which means among other things, partnering with them to achieve their fullest well-being and health. This is why this newsletter is focused on initiatives which seek to improve the total health – mind, body, heart and spirit – of the Veterans we serve. Recognizing the unity and yet uniqueness of each person's health, we seek to support Veterans in achieving goals they create for themselves. Knowing their goals, also helps us to define our facility and community clinics' goals as you will read in our construction update.

Thank you for choosing Lebanon VAMC for your care. Don't ever hesitate to share your ideas for improvement with our patient advocates or public affairs staff. Employees share those ideas with your supervisor. Good ideas have no rank!

Sincerely,

Robert W. Callahan, Jr.

*Director and CEO*

**These magnets are being provided to all Lebanon VA Medical Center Veterans.**

If you have not received yours, please stop by the Business Office in the lobby of building 17 and pick one up.

**Lebanon VA Medical Center**

Not feeling well and need to talk with a clinical care team or have a question related to your care, call  
717-228-6041 or 1-800-409-8771 press 3

Make a routine appointment, change or cancel a scheduled appointment, call  
717-272-6621 ext. 5105 or 1-800-409-8771 press 2

 **Choose VA**

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Lebanon VA Medical Center  
Serving Veterans Since 1947

**LEBANON VA MEDICAL CENTER  
LEADERSHIP TEAM:**

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Director

**Linda S. Umberger, RN**  
Executive Assistant to the Director

**Jeffrey A. Beiler II**  
Associate Director

**Margaret G. Wilson, MSN, RN**  
Associate Director for Patient Care Services

**Stuart A. Roop, MD, FCCP**  
Chief of Staff

**Laine Hellein, MSN, RN**  
Director of Quality Management

**Veterans:**  
If you have been bitten by a tick, get a same day, virtual appointment.  
Call your local medical center and press #3.  
Monday-Friday  
8 a.m.–4:30 p.m.

 U.S. Department of Veterans Affairs  
Veterans Health Administration  
VA Healthcare  
HON 4

**Tick Season is Here!**





# Whole Health Program *(continued from page 1)*

tools. We will encourage you to take charge of your health and well-being, as well as help you adopt healthy and sustainable practices by completing a Personal Health Inventory (PHI).

Whole Health Introductory Sessions are offered the first Friday of every month from 10:00 a.m. until noon at Lebanon VAMC. All Veterans, regardless of enrollment status, are able to participate in the Whole Health Introductory Session.

Beyond the beneficial whole health introductory session, some of the additional whole health programming offered to Lebanon VAMC Veterans includes: yoga, cooking classes with a focus on weight management and anti-inflammatory foods, qigong, mindfulness, equine therapy, adaptive cycling, creative arts, music programs and chaplain services' Warrior to Soulmate (W2SM) relationship strengthening program. *Many of these offerings and more are profiled in supplemental articles included in this whole-health focused edition of Lebanon VAMC's newsletter.*

If you want to take your health to the next level and take advantage of this great program or have questions, contact Lebanon VAMC's Whole Health Program Coordinator Mary Yoder at 717-228-6095.



The Guitars for Vets (G4V) program at Lebanon VAMC is one of several music programs offered at Lebanon VAMC that supplements our Whole Health Program. Through a partnership with our local G4V chapter, free lessons and guitars are provided for Veterans enrolled in the program held throughout the year. For information on upcoming G4V offerings, contact the Lebanon VAMC Veterans Activity Center at 717-272-6621, ext. 4555.

## *MOVE! helps Veterans shed pounds and live healthier lives*

MARY E. YODER, MPA, RD, LDN  
Whole Health Program Coordinator

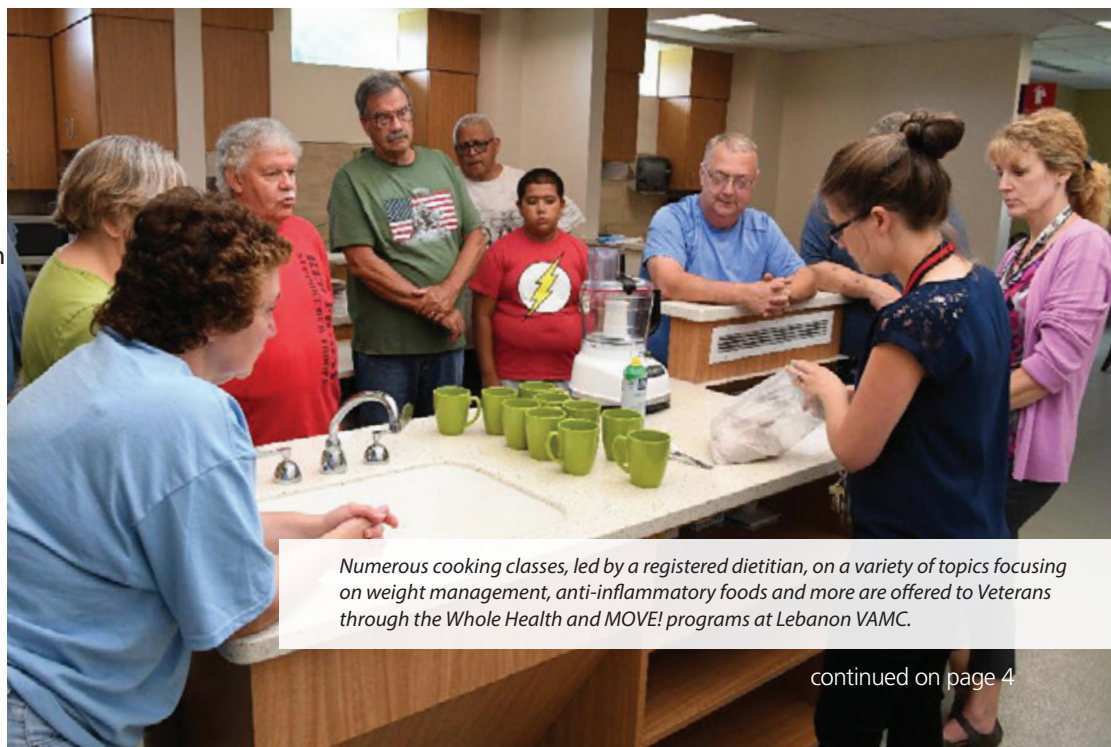
Maintaining a healthy weight is part of maintaining good health. If you are struggling with maintaining a healthy weight, the MOVE! program might be for you. MOVE! is a national weight management program designed by the VA National Center for Health Promotion and Disease Prevention (NCP) to help Veterans lose weight and keep it off, while learning to live a healthier lifestyle.

VA's Veterans Health Administration serves over nine million Veterans of whom about 77% are overweight or obese. At Lebanon VAMC, 37% of Veterans are classified as overweight (BMI between 25-29.9) and 44% are obese (BMI  $\geq$  30). The MOVE! program is the largest and most comprehensive weight management and physical activity program associated with a medical care system in the United States.

Lebanon VAMC offers an eight-week MOVE! program at the Lebanon campus and our community clinics. In addition to the structured MOVE! classes, Lebanon also offers TeleMOVE!, a home-based VA MOVE! weight management program designed to reach Veterans over the computer or phone who cannot attend classes. MOVE! visits are co-pay



*MOVE! is a weight management, health promotion program designed to improve the lives of Veterans. MOVE!'s core ideas—encouraging healthy eating behavior, increasing physical activity, and promoting even small weight losses—are easy to follow and based on the latest in nutrition science. With the help of your MOVE! care team, you can reduce health risks, prevent or reverse certain diseases, improve your quality of life, and even live longer!*



Numerous cooking classes, led by a registered dietitian, on a variety of topics focusing on weight management, anti-inflammatory foods and more are offered to Veterans through the Whole Health and MOVE! programs at Lebanon VAMC.

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## MOVE! *(continued from page 3)*

exempt, and as a participant, you may enjoy the use of the VA Wellness Center located at the Lebanon campus.

Other MOVE! options offered at Lebanon VAMC include: MOVE! Cooking for a Healthier You (a four-week cooking class), MOVE! Aqua Exercise Classes and quarterly MOVE! Weight Maintenance Classes.

Self-motivated individuals may also benefit from the MOVE! Coach App that is available for mobile devices. MOVE! Coach is a weight loss app for Veterans, service members, their families, and others who want to lose weight. The app provides a 19-week program that guides participants to achieve success with weight loss through education, and use of tools, in an easy and convenient way. Participants can monitor, track, and receive feedback regarding their progress with weight, diet, and exercise goals. The app is available at <https://mobile.va.gov/appstore/>.

If you are interested in learning more about Lebanon VAMC's MOVE! program, please contact Lebanon VAMC's Healthy Lifestyles Coordinator, Katie Kirzonic, at 717-272-6621, ext. 5725. Enrollment in the MOVE! program can be initiated by signing up for the MOVE! orientation class by calling the scheduling line at 717-272-6621, ext. 5105.



*Due to the constant resistance provided by water, virtually everything you do while you're underwater can be considered a fitness activity. Whether you're trying to maintain your current level of fitness or reach a new level, the added benefit of training in water makes our aquatics classes safe and fun while reducing the impact on joints. MOVE! offers numerous opportunities for aquatic exercises to Veterans and MOVE! program participants.*

## VA LAUNCHES NEW HEALTH CARE OPTIONS UNDER MISSION ACT

VA launched its new and improved Veterans Community Care Program, as part of the incremental rollout of the MISSION Act, on June 6, 2019. The MISSION Act enables enrolled Veterans to work with their VA health care provider to see if community care may be appropriate for them and offers them the ability to utilize a new urgent care benefit.

Eligibility for community care does not require a Veteran to receive care in the community; Veterans can still choose to have VA provide their care. Lebanon VAMC has an emergency room open 24/7/365 and its primary care and mental health clinics offer same-day services either at the Medical Center or our five community clinic locations. Veterans, in conjunction with their providers, may elect to receive care in the community if they meet any one of six eligibility criteria. Enrolled active Veterans may also utilize a new urgent care benefit at any VA-contracted urgent care center for minor injuries and illnesses.

To learn more about these new MISSION Act benefits, eligibility for them or criteria for community care, visit: <https://missionact.va.gov>, or call **1-844-698-2311**.

If you are having flu symptoms, get a same day, virtual appointment.

Call your local medical center and press #3.

Monday-Friday  
8 a.m.–4:30 p.m.



U.S. Department  
of Veterans Affairs

Veterans Health  
Administration  
VA Healthcare-  
VISN 4

### Introducing Our New Virtual Flu Treatment Clinic



# Chaplain Services augments Whole Health Initiative while providing Veterans pastoral care

E. DEAN LUTHER, M.DIV. ACPE  
Chief of Chaplains

Someone once said we are spiritual beings having a human experience. There is so much truth in that saying. Everything we experience as human beings shapes our spirituality and our spirituality shapes our understanding of those experiences. Our spiritual values are held in tension with our human experiences. When one experiences combat, trauma, post-traumatic stress, military sexual trauma, moral or physical injuries, broken relationships, death and many other experiences, it can throw our psyche, our spirit and life in general out of balance and into a tail spin. Veterans may feel that they have been abandoned by God as they understand God. Some turn inward judging themselves as bad, unworthy, or deserving of what happened to them. Others turn outward, blaming everyone else. It is often a difficult and lonely journey in these circumstances.

I often think of chaplain services as providing unconditional grace to those that are wandering and trying to find their way back from the wilderness of pain and suffering. Chaplain services are one of many additions to the Whole Health Initiative toolkit at Lebanon VAMC that integrates with the Whole Health goals. Being part of this whole health toolkit, we have added some programs and continue to look at ways to address the spiritual needs of our Veterans and their families as they redefine themselves in light of their military life.

Lebanon VAMC has always offered 24/7 coverage by chaplains for inpatient Veterans and to others during daytime hours for those in need of chaplaincy services. A daily Mass is offered Monday thru Saturday at noon in the Chapel and on Sundays at 10:30 a.m. Protestant services are offered at 8:45 a.m. on Sundays in the Chapel. Chaplains also facilitate groups in the Residential Rehabilitation Center and on our inpatient psychiatric unit.

We continue to add other programs as we identify the needs of our Veterans. Current chaplaincy-augmented services supporting the Whole Health Initiative include:

- *Home Based Primary Care* – This is a service we expanded in the last year. Many of our Veterans in this program are unable to come to the hospital and are disconnected from local community of faiths. Our chaplains can visit with Veterans and families enrolled in this program.
- *Warrior to Soul Mate* – This is one of our newest programs that can help transform relationships. It is a two-day workshop that teaches Veterans and their significant others relational and communication skills. If the Veteran is traveling from out of town for this offering, they receive a free hotel and/or babysitting during the event (if needed) and a \$50 donated gift card at the end of the program. CONTACT: Chaplain Chris Lehr, 717-272-6621, ext. 4881.
- *No Veteran Dies Alone* – This program trains volunteers to be with our inpatient Veterans during the last days of their lives. Many Veterans may not have any family in the area and/or may be cut off from their family. The volunteer journeys with the Veteran during this time. CONTACT: Rebecca Sanders, 717-272-6621, ext. 3437.
- *LGBT Group and Individual Counseling* - This group meets the first and third Wednesday of each month. The Chief of Chaplains, Dean Luther, and Rebecca Sanders, LCSW, co-facilitate the group. Veterans may also request individual sessions with either person as well. CONTACT: Rebecca Sanders, 717-272-6621, ext. 3437.
- *Clinical Pastoral Education (CPE)* - This is the newest educational program at Lebanon VAMC. Chaplain Services have one-year residents and part-time interns. This addition has given the department opportunity to expand services into primary care, women's health and other places as the program continues to grow. It is the foundation for future growth as well. There is formal education required to be in this program to learn how to provide pastoral care and address the spiritual needs of our Veterans. CONTACT: Chaplain Dean Luther, 717-228-6021.
- *Future Goals Chaplain Services* – Currently provides services to Veterans on an individual basis and in our domiciliary groups addressing Moral Injury. Based on extensive research in this important field, we are in process of developing a more extensive program. CONTACT: Chaplain Dean Luther, 717-228-6021.
- *Descendent Affairs* - After a Veteran's death, families have paperwork to fill out and questions about death benefits. Vince Zvorsky helps families and staff with these processes during a painful time. He connects family with other VA Resources that help determine the benefits that a family may be entitled to. CONTACT: Vince Zvorsky, 717-272-6621, ext. 5085.
- *Whole Health Integration Chaplain Services* - Chaplains are involved with the treatment teams on many different levels. We believe in treating the whole person. Please feel free to contact us with any questions, ideas and/or for personal help. CONTACT: Vince Zvorsky at 717-272-6621, ext. 5085, to be connected with a chaplain.



Lebanon VAMC's chaplain services team provides a wide variety of services to Veterans focused around their spiritual health. Chaplain services are based out of the Chapel (Building 106) located between Building 17 and 18 at the Lebanon campus.



## VOLUNTARY SERVICE UPDATE

# *Recreation Therapy integral to medical center's Whole Health Initiative*

AMY BETH COOK, CTRS, MS  
Recreation Therapy Supervisor

Whether it is riding a bike, taking a hike, paddling a canoe, watching a play, drumming a drum, writing a novel, painting a portrait or focusing a lens; the programs and services provided by Lebanon VAMC's Recreation Therapy Department are an integral part of the medical centers' Whole Health Initiative.

Recreation Therapy programming is built around Veterans' strengths, goals and aspirations while creating a linkage between recreation therapy programming and whole health transformation. The Recreation Therapy Department uses traditional, complementary and integrative treatment approaches to assist Veterans in reaching treatment goals, improving health and well-being, supporting recovery and helping Veterans to find meaning and purpose in their lives.

Creative Arts programs are an essential part of recreation therapy services and support the components of whole health by increasing well-being and enhancing quality of life. The Recreation Therapy Department works closely with community-based partners to expand opportunities for Veterans to participate in recreation therapy programs and community-based services. These partnerships provide Veterans with opportunities for socialization, skill development, creative expression and connections with the community-based programs.

Whole Health Initiatives and other wellness programs offered by Recreation Therapy to enrolled Lebanon VAMC Veterans include:

- *Therapeutic Drum Circles* - This group uses therapeutic drumming techniques for creating a sense of connectedness, self-exploration, personal insight, and fostering overall well-being and quality of life. CONTACT: Ida Carvell, Veterans Activity Center, 717-272-6621, ext. 3557
- *Yoga/Adapted Yoga* - This class teaches the basics of yoga, breathing and postures for relaxation and connection of mind, body and spirit. CONTACT: Sybil Stambaugh, 717-272-6621, ext. 4749
- *Veterans Activity Center* - The VAC located in Building 18-128 provides drop in services and activities for socialization, recreation participation, wellness and recovery support. CONTACT: Ida Carvell, Veterans Activity Center, 717-272-6621, ext. 4555



Recreation Therapy offers several cycling/adapted cycling programs for Veterans as part of the Whole Health Program.



Another whole health opportunity offered by Recreation Therapy is Mindfulness Based Equine Therapy. This offering is made possible through a community partnership with Triangle Therapeutic Riding Center located in Reinholds, Pa.

- *The Seeing Lens: Therapeutic Photography* - Community partnership program with Lebanon Valley College that utilizes photography for personal healing, reducing symptoms and promoting participation in meaningful experiences. CONTACT: Amy Beth Cook, 717-272-6621, ext. 3557
- *Mindfulness Based Equine Therapy* - Community partnership with Triangle Therapeutic Riding Center that uses equine based activities to learn and develop mindfulness practices. CONTACT: Amy Beth Cook, 717-272-6621, ext. 3557
- *Cycling/Adapted Cycling* - The program utilizes the benefits of cycling for rehabilitation, recovery and overall health and well-being. CONTACT: Amy Beth Cook, 717-272-6621, ext. 3557
- *Outdoor Experiences* - Community partnership with River House PA that uses nature and nature-based activities as part of the healing process and to promote overall health and well-being. CONTACT: Amy Beth Cook, 717-272-662, ext. 3557
- *Creative Art Workshop* - This group uses the creative process to increase self-awareness and self-esteem and improve functioning and overall well-being. CONTACT: Sybil Stambaugh, 717-272-6621, ext. 4749.

For additional information on Recreation Therapy programs and services, please contact Amy Beth Cook, Lebanon VAMC Recreation Therapy Supervisor, at 717-272-6621, ext. 3557, or via e-mail at amy.cook2@va.gov.



Many outdoor experiences are offered by Recreation Therapy through a community partnership with River House PA to augment the Whole Health Program.

## FACILITIES & ENGINEERING UPDATE

# Medical-Surgical Unit Opens, Work Continues on Gym and ICU, Master Plan completed

THADDEUS S. KOCUBA

Facility Manager, Engineering Service

Work on Building 24 (YMCA/Gym) continues to progress with the shell of the new hydrotherapy pool installed and work progressing well on the new lobby and MOVE! classroom spaces. The work is scheduled to be completed in late 2019 and also includes a divider and air conditioning in the main gym, a new pool liner and some small changes to the locker rooms.

On the other side of campus, the newly-remodeled Medical-Surgical Unit opened in February on the second floor of Building 1 (1-2B) and will service more than 1,000 patients a year. The unit is comprised of 16 private rooms with each featuring a private bathroom with walk-in shower and state-of-the-art safe patient handling equipment. Six rooms are capable of telemetry monitoring. The unit swapped sides of Building 1 and the previously occupied space (1-2A) is now under construction for a new Oncology Outpatient Clinic.

The new Intensive Care Unit being built atop the Surgery Center (Building 104) is nearing completion. The addition features 13,000 square feet of space along with an elevator that directly connects into the Surgery recovery area. ICU move-in is slated for the fall.

With the continuing ongoing work around campus, it is also imperative Lebanon VA Medical Center (VAMC) continues to plan for the future to meet our strategic goals.

Lebanon VAMC began a strategic capital master plan update process in October 2018 to plan capital projects that meet the goals, objectives and priorities laid out by VA and facility leadership. Engineering Service personnel worked with our vendors (Miller-Remick, Guidon Design and Innova Healthcare Solutions) as well as with our leadership and front-line staff to formulate the plan.



*A view of work progressing on the gym project showcasing under-construction additions to the building that will contain our new MOVE! room and hydrotherapy pool.*



*A preliminary view of proposed changes/additions to the Lebanon VAMC campus resulting from the strategic capital master plan update process that began in October 2018. New additions to the campus are shown in green and are part of the facility's strategic goals over the next decade. The plan was completed in May 2019 and is available for interested parties to view on our website.*



*A view from the hallway into one of the patient rooms in our new 13,000 square-foot Intensive Care Unit being built atop Building 104. ICU move-in is slated for the fall.*

continued on page 8



# Engineering Update *(continued from page 7)*

This strategic planning effort is based on health service delivery projections for 2029. The plan was completed in May 2019 and serves as Lebanon VAMC's guide to construct the facilities needed over the next decade. The developed master plan will be a key component to our facility's success with our capital planning.

Several noteworthy projects have resulted from the master planning process to include:

- Construction of two primary care additions to Building 17
- Construction of a stand-alone Community Living Center
- Expansion of the operating room to facilitate vascular surgery
- Construction of a new clinical laboratory
- Re-alignment of services in Buildings 1, 17 and 18

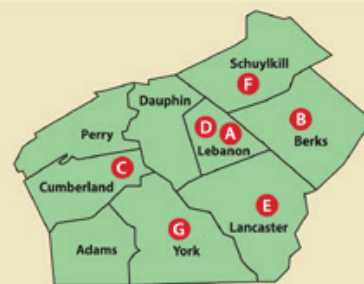
The master plan has also been released for public viewing on the web and interested parties can review it at: <http://miller-remick.com/news/lebanon-veteran-affairs-medical-center.html> or <https://go.usa.gov/xyVqm>.



Now that the new Medical-Surgical Unit opened on the second floor of Building 1 in February, the former space occupied by that unit on 1-2A is being gutted to be renovated into new space for our Oncology Outpatient Clinic.



## Lebanon VAMC Service Locations



- A Lebanon VA Medical Center**  
1700 South Lincoln Avenue  
Lebanon, PA 17042  
PH: (717) 272-6621
- B Berks County VA Clinic**  
2762 Century Boulevard  
Suite 120  
Wyomissing, PA 19610  
PH: (484) 220-2572
- C Cumberland County VA Clinic**  
5070 Ritter Road  
Mechanicsburg, PA 17055  
PH: (717) 590-1525
- D Ft. Indiantown Gap VA Outreach Clinic**  
Bldg. 4-114 (Hawkins Road)  
Fort Indiantown Gap  
Annville, PA 17003  
PH: (717) 272-6621  
Hours: Wednesday & Friday  
Managed by Lebanon VAMC Primary Care
- E Lancaster County VA Clinic**  
212 Willow Valley Lakes Drive  
Suite 208  
Willow Street, PA 17584  
PH: (717) 740-4434
- F Schuylkill County VA Clinic**  
1410 Laurel Boulevard  
Suite 2  
Pottsville, PA 17901  
PH: (570) 628-5374
- G York County VA Clinic**  
2251 Eastern Boulevard  
York, PA 17402  
PH: (717) 840-2730

## Enrollment & Eligibility Questions?

CALL 717-228-6000 TO SPEAK TO ONE OF OUR ENROLLMENT SPECIALISTS

*The Best Care Anywhere... The Best Employees Anywhere.  
Quality care at 7 locations in South Central PA.*



### Lebanon VA Medical Center

1700 South Lincoln Avenue  
Lebanon, Pennsylvania 17042  
**717-272-6621 • 1-800-409-8771**  
**[www.lebanon.va.gov](http://www.lebanon.va.gov)**



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## COMMON LEBANON VAMC CONTACTS

717-272-6621 / 1-800-409-8771

Appointment Line	x 5105
Telephone Nursing Care	x 6041
Pharmacy Center	x 6009
Auto Med Refill / Acct & Appt Info Line	x 5991
Enrollment / Eligibility	x 6000
VETERANS CRISIS LINE	1-800-273-8255 Press 1